



The Professional Medical Student - Committed Student

Objectives

By the end of the session, students will be able to:

- Define the term “commitment” in the context of being a medical student/doctor.
- Comment on professional values, behaviors, attitudes, as well as commitments.
- Provide examples of behaviors that are linked with professional behavior.
- Relate professional behavior with various domains of operating as a ‘doctor’

Outline of the Session

1. Commitment to Learn
2. Commitment to Profession
3. Commitment to Patient
4. Commitment to Community
5. Commitment to Society
6. Commitment to Humanity
7. Commitment to Allah
8. Commitment by Self – write your own Declaration...

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Medical students' life differs from other educational courses

- The undergraduate course is **5** years long - longer than other university courses ...
- requires endless energy **and commitment** from the student ...
- much more than an intellectual challenge for students - they must also learn to deal with interpersonal communication, serious illnesses and ethical issues.

What medicine means for a students

- Medicine is a vocational degree and studying medicine allows you to develop the practical and clinical capabilities specific to medicine..
- as well as the professional and personal attributes necessary to be a doctor.

Definition

com·mit·ment

- a promise to do or give something
- a promise to be loyal to someone or something
- the attitude of someone who works very hard to do or support something

<http://www.merriam-webster.com/dictionary/commitment>

- a strong belief that something is good and that you should support it

<http://www.macmillandictionary.com/dictionary/british/commitment>

Commitment to learn skills



Students develop a range of transferable skills going through their study, such as **study skills, observation, listening, team building and Interpersonal communication.**

These skills are crucial when working as a doctor, and are just as useful in work outside medicine.

Computing skills

- Computer literacy and information handling - through projects and assignments;
- make the use of the best resources.
- Limit your online work, Do not get addicted to Internet, you deviate from your objectives



Effective Communication



- Oral communication - developing listening as well as talking skills through discussing cases
- explaining logical reasoning to other students
- Rationalising.

Medicine is a team work – do not get isolated

- Team working - working with others to complete a task, to understand your role and the roles of others.



Learning to work under pressure

- Too many subjects
- Too many books
- Intense schedules
- Practical work
- Assignments
- Tutorials
- etc etc.



Fight the stress

- Learn coping skills
- Manage stress ...



Listen to friends

- Negotiation and mediation - understanding someone else's point of view and being non-judgemental ...
- Some times our friends and class mates understands better than us.



Learn to be updated

- The work is well within the capacity of all who make the entrance requirements, but extra reading and revision needs to be done in the evenings and at weekends, to keep up with the course. If students are living at home, they will need quiet periods each evening and at weekends, free from distraction



Most important – Learn to balance your life

- Personal development planning - self-appraisal, presentation skills and managing your work-life balance.
- Accepting change is the best art.
- Adjust to the change today ...!!

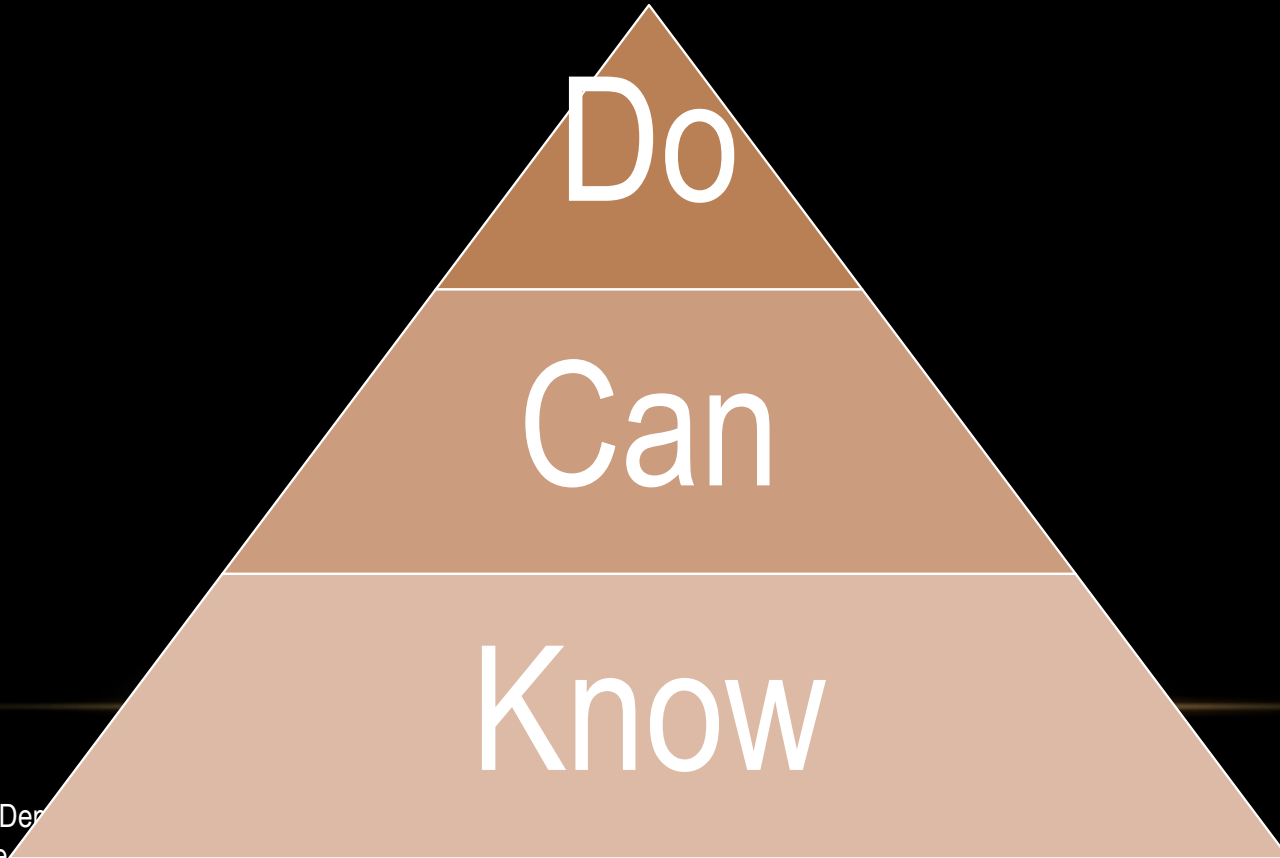


Have a Presence

- Consider the skills developed during your courses and through other activities, i.e. learning skills, team building and membership of societies, leadership roles, family responsibilities etc.
- **Think about how these can be used as evidence of your skills and personal attributes.**
- Then you can start to practice who you really are, identify what you may be lacking and consider how to improve your profile.

Evidence of skills

The Know-Can-Do Learning Pyramid



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Taking an OATH ?

- a (1) a solemn usually formal calling upon **God to witness** to the truth of what one says or to witness that one sincerely intends to do what one says (2) : a solemn attestation of the truth or inviolability of one's words

<http://www.merriam-webster.com/dictionary/oath>

- A person taking an oath indicates this in a number of ways. The most usual is the explicit "**I swear,**" but any statement or promise that includes "**with * as my witness**" or "**so help me *,**" with '*' being something or someone the oath-taker holds sacred, is an oath.
- Many people take an oath by holding in their hand or placing over their head a book of scripture or a sacred object

<http://en.wikipedia.org/wiki/Oath>

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Professionalism

Seven characteristics described
by Abraham Flexner in 1910.

His report (Flexner Report) led to the
standardization of medical education.
Considered to be the most important
change event in modern medicine.



Characteristics

-Flexner-

1. Essentially intellectual—or “learned”
2. Special body of knowledge
continuously expanded by research
3. Practical end (service)
4. Specialized training of techniques
5. Moral commitment, a brotherhood
6. Self-organization and self-regulation
7. Altruistic motivations (unselfish regard for welfare of others)



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A great doctor

- Dr. Hunter Campbell
- *Medical doctor; Clown; Performer; Social Activist; Founder and Director of the Gesundheit Institute, a holistic medical community that has provided free medical care to thousands of patients since it began in 1971; Author of Gesundheit! & House Calls; Moving Speaker.*

http://patchadams.org/Gesundheit_Institute_speakers



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The physician has two roles in society

- Healer
- Professional

Society uses the concept of the professional as a means of organizing the delivery of complex services which it requires, including that of the healer.

“The Professional Model”

The Social Contract

- The social contract in health care is based on professionalism.
- It serves as the basis for the expectations of medicine and society.

THE SOCIAL CONTRACT

Society's Expectations of Medicine

- to fulfill the role of the healer
- guaranteed competence
- altruistic service
- morality, integrity, honesty
- accountability
- transparency
- source of objective advice
- promotion of the public good

Medicine's Expectations of Society

- trust
- autonomy
- self-regulation
- Health Care System
 - value-laden
 - adequately funded
- role in public policy
- monopoly
- rewards – non-financial
 - respect
 - status
- financial



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Al Quran

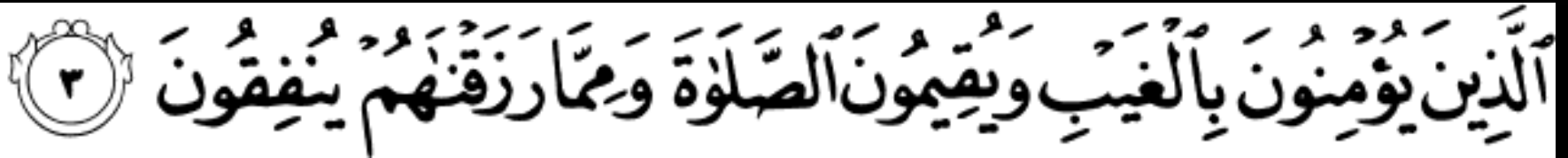
“If anyone slays a person, it would be as if he slew the whole people: and if any one saved a life, it would be as if he saved the life of the whole people.”



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Al Quran - Sureh Barqarah



Who believe in the **Unseen**, are steadfast in prayer, and **spend** out of what We have provided for them;

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Glossary

- **Altruistic:** a person caring about the needs and happiness of other people more than own
- **Cognition:** the process by which knowledge and understanding is developed in the mind
- **Crucial:** extremely important, because it will affect other things
- **Negotiation:** formal discussion between people who are trying to reach an agreement
- **Mediation:** to try to end a disagreement between two or more people or groups by talking to them and trying to find things that everyone can agree on
- **Perpetual:** continuing for a long period of time without interruption – continuous
- **Rationalize:** to find or try to find a logical reason to explain why sb thinks, behaves, etc. in a way that is difficult to understand *an attempt to rationalize his violent behaviour*
- **Vocational:** connected with the skills, knowledge, etc. that you need to have in order to do a particular job

Questions

- Explain with examples the “knows, can and do” pyramid of performance learning ?
- What do you know about the Flexner report.
- What are the main components of the Flexner report explain each with real life examples.
- Comment on the two roles of a doctor?
- What is the role of a doctor with the society, how can he justify it.
- The commitment of a medical student is evident in his activities. Justify.

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